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Your essential daily news | MONDAY, NOVEMBER 23, 2015 High 6°C/Low 3°C Rainy

UBC faces human-rights complaint

LEGAL ACTION

Concerns centre on handling of sexual assault

Emily Jackson
Metro | Vancouver

Several former students intend to launch a human-rights complaint against the University of British Columbia for how it handles complaints of sexual misconduct, a troubling process exposed by a CBC documentary that found it took the university a year and a half to expel a graduate student accused of sexual harassment or sexual assault by at least six women on campus.

UBC issued an apology over the weekend in response to the Fifth Estate investigation that revealed the university knew of allegations against a history PhD student since at least spring 2014 but didn't expel him until earlier this month — a disciplinary action two of the women who came forward note was taken just before the documentary's release.

But the apology was not good enough for Glynnis Kirchmeier, a graduate of the history department who will spearhead the complaint to the B.C. Human Rights Tribunal along with several others. She first alerted university officials to alleged behaviour in early 2014 and has been waiting for action ever since.

"UBC's chance to do the right thing is over," Kirchmeier said at a Sunday press conference on campus to draw attention to what she describes as a dysfunctional system for handling serious sexual-misconduct allegations.

Kirchmeier's complaint, which she plans to file by the end of the year, will allege that UBC's reporting process discriminates against women by victimizing those who come forward and prioritizing the rights of the accused.

Caitlin Cunningham is one recent graduate who felt betrayed by UBC's unclear procedures. She originally spoke about her sexual assault by the alleged offender because she trusted UBC to protect her and her fellow students in a case in which she didn't know if she had grounds to turn to the police. Instead, she became mired in a bureaucratic nightmare and was repeatedly asked to recount her harrowing experience. She wasn't prepared for a process that she said replicated the loss of control from the original assault.

"This has come at an extraordinary personal cost to me," she said. "I think there is a way that universities can figure out how to handle these things in a clear, fair way that does not unnecessarily re-traumatize and unnecessarily discriminate against those who bring their concerns forward."

UBC interim president Martha Piper issued an apology to the women "who feel they have been let down." Piper said UBC had to "wait until it had the necessary facts" but acknowledged the process took too long. She also thanked the women for shining light on the issue and pledged to start a discussion on creating a sexual-assault policy.

After the press conference, associate vice-president of equity and inclusion Sara-Jane Finlay promised an independent investigation. Anyone who has reported sexual misconduct to UBC over the past 20 years and wants to join the complaint can email ubcsexualassault@gmail.com.

Glynnis Kirchmeier, left, and Caitlin Cunningham hold a press conference at UBC on Sunday, calling on the university to fix its system for handling complaints of sexual assault and harassment. DARRYL DYCK/THE CANADIAN PRESS

Europe alert: Canada closes embassy in Belgium

WORLD METRONEWS

metro NEWS

Your essential daily news

Migrants clash with police near Greece-Macedonia border. **World**

Study uses sensors to look at head hits

CONCUSSION

Researchers gauge impact on brain function

Cam Tucker
Metro | Vancouver

With more than one documented concussion in his career, UBC Thunderbirds running back Brandon Deschamps has a vested interest in research being done at the university into the effects of impacts to the heads of football players.

Deschamps suffered a concussion in the first week of this season. For the past two years, he's been wearing, under his football helmet, a small sensor designed to collect data from hits to the player.

The research is, in part, to find links between brain functions and the number of hits players sustain during a season, according to the university.

A total of 30 UBC players — 16 in 2014 and 14 this year — have taken part.

The sensor, which fits behind a player's ear, is designed to measure the acceleration and direction of the hit, said Harrison Brown, a PhD candidate with the UBC School of Kinesiology.

UBC Thunderbirds' Brandon Deschamps wears a sensor behind his left ear. BOB FRID/UBC

Jean-Sebastien Blouin, an associate professor with the School of Kinesiology, expressed the need for caution with the data, citing "false-positive or false-negative" results.

In some cases, the sensors show an impact; however, nothing actually occurs with the athlete. In other cases, Blouin said, the opposite would take place.

Video is used to help confirm if there has been a real impact.

The objective is to better understand the data and technology so that developers can produce a better sensor that "really gives you the information about what the head is … going through during those impacts," said Blouin.

"Right now, I would say it's better than nothing. But not quite where we want to be."

PIER PARK VANCOUVER BIENNALE SETS UP NEW ART PIECES Crews prepare shipping containers for a piece of public art called Wow Westminster. The art will be installed at Pier Park in New Westminster on Monday as part of the Vancouver Biennale. RIC LAM/ROAMING THE PLANET

CABINET

B.C. Conservatives given critic roles

Seven Conservative MPs from British Columbia have been given critic roles by the Official Opposition party.

Appointed to the shadow cabinet are Abbotsford's Ed Fast (on the environment and climate change), South Surrey-White Rock's Dianne Watts (infrastructure and communities) and Richmond's Alice Wong (small business). They're joined by Cathy McLeod on indigenous affairs, Mark Strahl on fisheries, oceans and the coast guard, and Mark Warawa on seniors.

While not on the shadow cabinet, Dan Albas has also been named critic for interprovincial trade. Now led in the interim by Rona Ambrose, the Conservatives won 99 seats in last month's election, losing to Justin Trudeau's Liberals' 184 seats. METRO

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IN BRIEF

RCMP seek witnesses after pedestrian struck

Richmond RCMP hope to speak to witnesses who saw a 68-year-old woman get hit by a vehicle while she was crossing in a marked crosswalk at a busy intersection on Saturday morning.

The pedestrian suffered life-threatening injuries when she was struck near No. 3 Road and Granville Avenue around 11:30 a.m. She is not expected to survive, according to Richmond RCMP.

Police say the 61-year-old driver remained at the scene and tried to help the woman. The driver is co-operating with police, who say speed and alcohol were not factors in the collision.

Police believe several passersby who witnessed the crash left the scene before speaking to police.

METRO

Police search for suspects in pub stabbing

Mounties are searching for two suspects after a man was stabbed at a Surrey pub early Sunday morning.

Surrey RCMP received numerous 911 calls reporting a man was stabbed in the abdomen with a knife during an altercation inside a pub in the 10768 block of King George Blvd. around 1:35 a.m.

The man suffered serious injuries and was taken to hospital in serious condition, according to police. His attacker fled the scene before police arrived.

Police describe one of the suspects as a white man in his 30s with a beard.

METRO

Eighteen women have been murdered or disappeared along Highway 16 and adjacent routes since the 1970s.

JONATHAN HAYWARD/THE CANADIAN PRESS FILE

Leaders to talk better road-safety measures

HIGHWAY OF TEARS

Transportation minister, MLA Jennifer Rice not attending

Community leaders along British Columbia's notorious Highway of Tears meet this week to debate the highly charged issue of improving safety along the route that cuts across the centre of the province.

Eighteen women have been murdered or disappeared along Highway 16 and adjacent routes since the 1970s.

First Nations leaders and the Opposition New Democrats say government roadblocks in the form of endless meetings over transportation solutions that go nowhere must come down to improving safety.

Up to 100 people are expected to be in Smithers to review locally developed transportation options along the 750-kilometre highway corridor, but Transportation Minister Todd Stone won't attend and said he would leave the discussion up to local officials.

Stone describes the Tuesday meeting as information gathering and non-political.

North Coast New Democrat MLA Jennifer Rice, who represents the Prince Rupert area, wanted to go to the meeting but said she wasn't invited.

> **The underlying issue is vulnerability of women in general, First Nations women in specific.**
>
> Bill Miller

"I understand the chief administrative officers (from communities) are invited because those are the practical people. Minister Stone is always talking about practical solutions, and I guess those are the practical people who implement practical things."

Representatives from 23 First Nations along the corridor, municipal governments and the B.C. government will attend the day-long meeting.

A government statement said the gathering will review previous community transportation reports, including a 2006 report that called for bus service between communities and the 2012 Missing Women Commission of Inquiry that recommended enhanced transportation in the area.

Regional politician Bill Miller said many agree that Highway 16 is too geographically challenged for a region-wide bus service, but there's concern about government stalling.

THE CANADIAN PRESS

KINDER MORGAN

Case for pipeline is strong: Company

The Trans Mountain pipeline expansion is getting more expensive, but the company planning to build it says the economic case for the project is still strong.

Kinder Morgan, the U.S. company behind the pipeline project, doesn't yet have a formal estimate of how the price tag has changed since its regulatory application was filed in December 2013.

Back then, the company was expecting a cost of $5.4 billion and its estimates for the economic impacts of the project were based on that number.

But on a conference call with analysts and investors last month, the head of Kinder Morgan's Canadian division said it's looking more like $6.8 billion — a figure that took into account where the loonie was trading against the U.S. dollar on that particular day.

Ian Anderson said foreign exchange swings were one factor behind the increase, but so were scope changes to the project — and delays.

Trans Mountain spokeswoman Ali Hounsell said the company will be able to pin down a more accurate figure once it knows precisely what conditions may be attached to a federal permit if it's approved.

The National Energy Board has already announced 145 draft conditions, which the company has said are achievable.

"It's absolutely still a viable project. We're confident that our shippers are still very much interested and that this pipeline capacity that we're proposing is in high demand," she said.

The expansion project would nearly triple its capacity to 890,000 barrels a day, enabling oilsands crude to be shipped to lucrative Asian markets.

THE CANADIAN PRESS

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Vancouverite won't give up on 'brilliant' Gambian student

EDUCATION

English teacher from Africa denied work visa

Matt Kieltyka
Metro | Vancouver

A Vancouver woman refuses to give up on an aspiring English teacher from Africa who believes he can be an agent of change if given the opportunity to study in Vancouver.

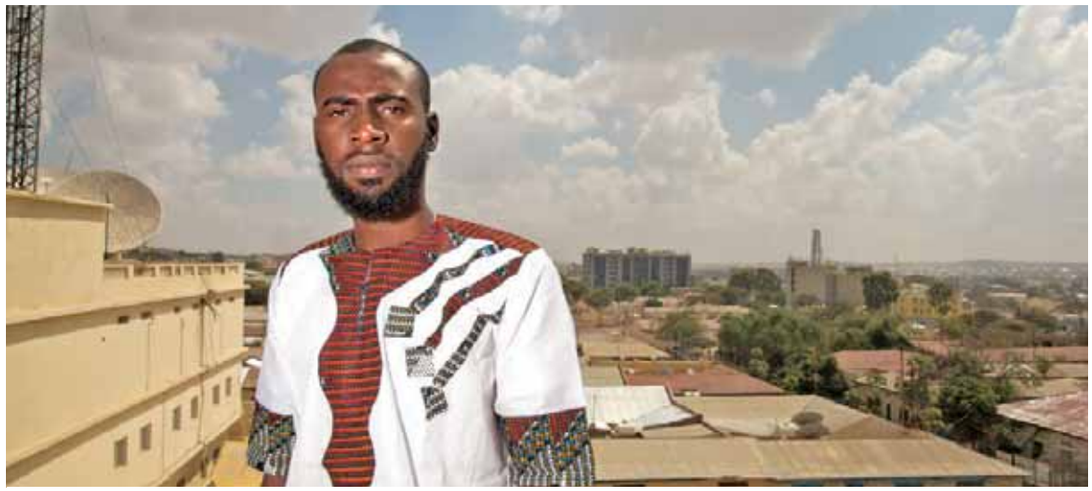
But along the way, Heather Loa's attempts to bring Pa Jerreh Jaiteh to Canada have been beset by roadblocks.

Jaiteh, 27, is from a Sibanor Village in the west coast region of Gambia but works as a curriculum developer at a Hargeisa, Somaliland, language school.

He earns $500 a month and sends back his savings to support his parents, four brothers and two sisters back home.

He yearns to return to Gambia, where he envisions teaching English to children and helping improve the prospects of young Gambians in rural communities.

"It is hard for us to discover our talent in Africa," explains Jaiteh during an interview over Skype. "When I started teaching, I discovered that talent and decided, 'This is good. This could be my career.'"



Pa Jerreh Jaiteh, a Gambian currently teaching English in Somaliland, is trying to attend courses at a Vancouver language school with the help of retired Vancouver teacher Heather Loa. MUSTAFA SAEED/FOR METRO

It was through teaching at Islamic Online University's Hargeisa campus that Jaiteh met Loa, a retired teacher invited there to help guide the school's curriculum.

After working beside him for several months, Loa — who has extensive history sponsoring international students since 1995 — decided the best way to help Jaiteh fulfill his aspirations was to enrol him in a month-long, intensive language program among native English speakers in Vancouver.

> **When I started teaching, I discovered that talent and decided, 'This is good. This could be my career.'**
> Pa Jerreh Jaiteh

Both believe attending school in an English-speaking country would improve his knowledge of the language and look good on his resumé, allowing him to earn more money in Africa.

"I always dream I will be a source of change if I get an opportunity to better myself," Jaiteh said.

Knowing he couldn't afford such a trip on his own, Loa offered to cover Jaiteh's expenses and sponsor him in Canada.

"If I can bring him here for one month, it would give him a career in the Gambia and it would change his life," Loa believes. "I've had students from Brazil, Mexico, Vietnam, Sudan, Belize. All have come with the same purpose, and I felt strongly that PJ should have that opportunity. He's a gifted boy."

As she had numerous times before, Loa helped Jaiteh apply for a temporary resident visa on April 22.

She was astonished his visa was denied April 27, just two business days later.

"You have not satisfied me that you would leave Canada at the end of your stay as a temporary resident," reads the form letter from Citizenship and Immigration Canada (CIC), expressing concerns over his ability to finance such a trip.

Undeterred, Loa and Jaiteh tried again, this time diligently addressing CIC's stated concerns point by point.

To show that Jaiteh would return home, Loa booked Jaiteh's return flight and had his family sign testimonials proving his family ties to Gambia.

Having been previously approved to attend Vancouver English Centre, a private language school, Loa placed Jaiteh in a specific course and paid his tuition fees to underscore his intent to study in Canada

All receipts were submitted with the application to prove Jaiteh had sufficient funds for his stay.

"We threw everything but the kitchen sink in the second application," said Loa.

Jaiteh was denied again June 4.

Despite the extensive documentation, CIC's reasons for denial remained unchanged.

Unfortunately for the young Gambian teacher, making subsequent applications without legal representation or grounds for judicial review is often a fruitless endeavour.

"It's problematic because the first thing they'll do is pull up the first application," said Laura Best, a Vancouver immigration lawyer. "They're not bound by the original decision but will use it for their reasons for refusal."

Loa believes Jaiteh's difficulty getting into Canada is because he's from a poor country.

In her experience, Best said, the system disproportionally favours applicants from wealthy countries. In a statement provided to Metro, CIC said all applicants are judged equally.

The setbacks have already cost pensioner Loa thousands of dollars, but she's not ready to give up.

"This is Canada. We should be welcoming and accepting of people who want to learn here," she said. "I really feel that. I can't just say, 'Too bad. You can't come.' PJ is a brilliant teacher."

Loa is now considering filing a new visa application for Jaiteh or, if necessary, for a six-month study permit.

Heather Loa MATT KIELTYKA/METRO

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Premiers meet to talk climate change

FEDERAL ENGAGEMENT

Meeting held ahead of Paris conference

Michael Woods
Metro | Ottawa

When Prime Minister Justin Trudeau and the premiers sit down in Ottawa on Monday to discuss climate change, it will be the first full-blown meeting of Canada's first ministers since 2009.

But while the premiers of the two largest provinces said they welcome federal re-engagement, they also warned the new government not to disregard the provinces' progress in reducing greenhouse gas emissions.

"There's always a tendency for governments that come into office to tend to think that nothing meaningful happened before they came into office," Quebec premier Philippe Couillard told a panel discussion at the Canada 2020 policy conference in Ottawa.

"We are very happy that we're going to be working with the federal government, but let's resist the temptation of starting from scratch."

Quebec has established a cap-and-trade system with California in order to reduce emissions, and has its own green fund. Ontario is working to join the cap-and-trade system, and scrapped coal-fired power plants.

Couillard's co-panellist, Ontario premier Kathleen Wynne, called Monday's meeting "very important" but also made the point that some provinces have established initiatives that shouldn't be disregarded.

"We're not looking to the federal government for some kind of unilateral imposition of a particular standardized regime across the country. What we're looking for is support for the initiatives we're taking."

Couillard also said Canada needs a "rebranding" in Paris.

> **We need to come to grips with the challenge we're facing — and we need to act.** Catherine McKenna

"Yes, we are a major oil-producing country, but we are also one of the most important producers of renewable energy in the world. This has to be part of the story," he said. "Let's start thinking of ourselves as a competitor to Norway, rather than Saudi Arabia."

Couillard and Wynne's comments were preceded by a speech from Environment Minister Catherine McKenna saying Canada can be a leader on the world stage carbon reduction and clean energy, but that it wouldn't be easy.

"Here's the thing about evidence-based policy making — sometimes it's going to lead us to a difficult place and to difficult choices," she said. "But that's where we are today."

POLL

According to a new Angus Reid poll, 57 per cent of Canadians believe the leaders will come up with a plan to reduce emissions in Canada. However, when it comes to the climate talks in Paris, respondents said they aren't confident the talks will lead to an international agreement. But seven out of 10 would still support Canada signing such an agreement.

GILBERT NGABO/METRO

STUDY

Known killers get lighter sentences

Men who kill their female partners are more likely to be criminally convicted than men accused of killing strangers — but they also tend to get lighter sentences, a Canadian study concludes.

The research, being published in the journal Current Sociology, finds that men who kill their wives, girlfriends or other female family members are handed shorter prison terms than men who kill strangers.

In fact, according to the findings, men who kill women they know are treated more leniently at most stages of the criminal-justice process, such as facing fewer charges of first-degree murder.

Study author Myrna Dawson, an associate sociology professor at the University of Guelph, calls it the "intimacy discount."

"This may mean that women killed by male partners are still seen as property and, as such, these femicides are not treated as seriously as other femicides," the study states.

Another factor at play could be that femicide of a partner or family member is typically seen as a spontaneous "crime of passion" or the result of victim provocation.

Perhaps counterintuitively, given the lighter sentences, the study found that men who kill intimate partners are convicted at rates three times higher than men who kill female strangers.

THE CANADIAN PRESS

LATE NEWS

CBC reported on Sunday night that only women, children and families would be included in Canada's 25,000 Syrian refugees. No unaccompanied men will be allowed, it said, due to security concerns.

Up to 900 refugees a day will arrive from Turkey, Jordan and Beirut. The vast majority of them will arrive in Toronto and Montreal.

Sources say most of the newcomers will initially be housed in military bases.

CBC NEWS/METRO

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The terror threat is wider than just that person.
Interior Minister Jan Jambon on Salah Abdeslam and additional suspects believed to be in the Brussels area

Soldiers stand guard in front of the central train station in Brussels on Sunday, as the Belgian capital remained on top alert over fears of a Paris-style attack. EMMANUEL DUNAND/AFP/GETTY IMAGES

Canadian embassy in Belgium closes

Paris

Police detain 16 people in 22 raids; one man still at large

Canada has closed its embassy in Brussels until further notice as the Belgian capital remains on high alert for a possible terror attack.

The embassy will provide emergency counsular services only, according to an update on the federal government's travel advisory website.

Belgian prosecutors announced early Monday that police had detained 16 people in 22 raids but that Paris fugitive Salah Abdeslam was not among them.

Federal prosecutor Eric Van Der Sypt said that "no firearms or explosives were discovered," in the raids — 19 in Brussels and three in Charleroi in the country's south. One of those detained was injured when a car he was in tried to ram police during an attempted getaway.

"The investigation continues," Van Der Sypt said.

The raids capped a tense day with hundreds of troops patrolling and authorities hunting for one or more suspected militants, the Belgian government chose Sunday to keep the capital on the highest state of alert into the start of the workweek to prevent a Paris-style attack.

Citing a "serious and imminent" threat, Prime Minister Charles Michel announced that schools and universities in Brussels will be closed Monday, with the subway remaining shut down, preventing a return to normal in the city that is also home to the European Union's main institutions.

"We fear an attack like in Paris, with several individuals, perhaps in several places," Michel said after chairing a meeting of Belgium's National Security Council.

"Nobody is pleased with such a situation. Neither are we. But we have to take our responsibility." THE ASSOCIATED PRESS

SOCIAL MEDIA

When Belgian authorities asked people to stop commenting on ongoing police operations in social media to avoid tipping off suspects during Sunday's raids, people unexpectedly responded by tweeting cat pictures.

The hashtag #BrusselsLockdown suddenly shifted from serious to humorous tweets, with a flood of pictures of cats holding their paws up as captured suspects and ignoring police warnings to stay away from windows.

ATTACKS

Fugitive details begin to unravel

French police and prosecutors, friends and families, and journalists have unveiled details about those accused of carrying out the attacks in Paris.

Altogether, authorities say that three teams participated in the bloody assault. At least one suspected participant remains at large. Here's what's known about some of the suspects:

1 Abdelhamid Abaaoud

French investigators identified Belgian-born Abaaoud as the architect of the Paris attacks. A U.S. official said Abaaoud was a key figure in an Islamic State of Iraq and the Levant (ISIL) external operations cell that U.S. intelligence agencies have been tracking for months.

How and when Abaaoud entered France before his death remains unclear. He had bragged in ISIL's English-language magazine that he was able to slip in and out of Europe undetected.

2 Salah Abdeslam

Salah Abdeslam is sought as a suspected accomplice in the attacks and is described by French police as highly dangerous.

He is the suspected driver of a group of gunmen during the attacks. Authorities identified him as the renter of a Volkswagen Polo that carried hostage-takers to the Paris theatre.

Officials said Abdeslam entered Austria from Germany on Nov. 9 with two unidentified companions. They said they were planning a vacation in Vienna.

3 Hasna Aitboulahcen

Authorities are investigating whether the 26-year-old female had a role in the Paris attacks. Authorities say Aitboulahcen died in the police raid on the apartment where Abaaoud was holed up. On Friday, prosecutors said she didn't kill herself by detonating a suicide vest as previously thought. THE ASSOCIATED PRESS

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REFUGEES

Tensions rise at Macedonian border

Refugees wait to be allowed to cross the borderline to Macedonia. GIANNIS PAPANIKOS/ THE ASSOCIATED PRESS

Migrants barred from crossing the Greece-Macedonia border held a fourth day of protests Sunday, as Macedonia's president criticized the European Union over the refugee crisis for a lack of financial support and data sharing.

The influx of migrants into Macedonia has heightened tensions in the country, President Gjorgje Ivanov said."The risk of possible conflict between refugees and migrants, the migrants and police and army, and between migrants and local people is rated as high," Ivanov told reporters Sunday after meeting with visiting European Council president Donald Tusk in Macedonia's capital, Skopje. Several European countries, including EU members Slovenia and Croatia and non-members Serbia and Macedonia, have declared they will only allow "war-zone refugees" from Afghanistan, Iraq and Syria to transit through their countries on their way to central and northern Europe. This policy has left many others stranded in the Greek border town for four days, demanding to be let in and chanting slogans such as "Freedom!" and "We are not terrorists."

The number of migrants being barred from entering Macedonia has fallen significantly Sunday, from more than 2,000 to around 1,300 in the early evening. Many of them took buses and taxis to Athens and Thessaloniki. Greek police believe they may be trying to find other routes, including with the help of smugglers.

THE ASSOCIATED PRESS

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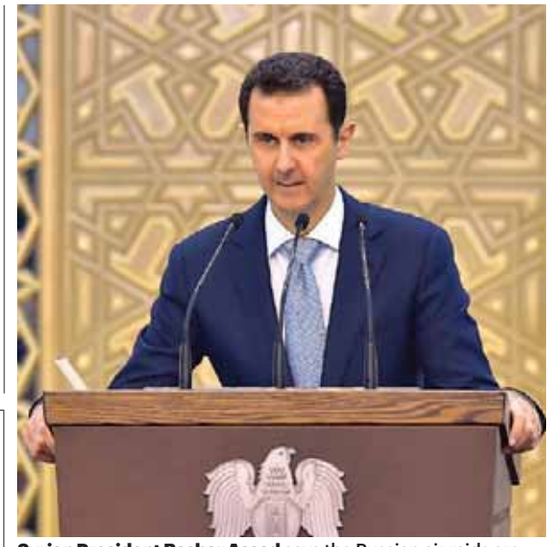


Syrian President Bashar Assad says the Russian air raids are more effective than those of the U.S.-led coalition because Moscow is collaborating effectively with his government.

THE ASSOCIATED PRESS

Airstrikes push troops

SYRIA

Attacks on ISIL helping almost on every front: Bashar Assad

Syrian President Bashar Assad says his forces are advancing on "almost" all fronts thanks to Russian airstrikes that began nearly two months ago and have tipped the balance in his favour in some parts of the country.

In remarks published Sunday, Assad told China's Phoenix Television that the Russians depend on Syrian ground forces and "cooperate with us." He added that Syrian troops had achieved victories in some areas before the strikes began but "could not be present everywhere in Syria."

Russia, which has conducted an air campaign in Syria since Sept. 30, sharply raised its intensity in recent days on President Vladimir Putin's orders after Moscow said it had confirmed that a bomb brought down a Russian plane over Egypt's Sinai Peninsula, killing all 224 people on board.

"Following the participation of Russian air force in fighting terrorism, the situation improved well. I can say that the army now is advancing almost on every front," Assad said in the interview.

Assad said the Russian airstrikes are more effective than those of the U.S.-led coalition because Moscow is co-ordinating with his government, saying "you cannot fight terrorism with airstrikes alone."

THE ASSOCIATED PRESS

MALI

Hotel attack delays peace negotiations

The assault on a luxury hotel in Mali's capital that killed 19 people was a clear attempt to derail a fragile peace process meant to stabilize the country's volatile north, a representative of northern separatist groups said Sunday.

Halting peace negotiations have been dragging on between the central government and northern separatist groups for more than two years in an effort to end the disputes that turned large sections of the country into a haven for radical Islamic militants. The talks have shown some promise in recent months.

The Radisson Blu hotel attacked by two gunmen on Friday was preparing to host a meeting on implementing the latest accords.

"The attack was targeting the peace agreement," said Sidi Brahim Ould Sidati, a representative of the Coordination of Azawad Movements.

THE ASSOCIATED PRESS

metro VIEWS

What's in a symbol? Doctors in Boston are calling on colleagues to ditch white coats. The sleeves can pick up germs and body fluids, and one study showed most docs rarely wash them.

Metro MONDAY POLL

A win for Winnipeg?

Visit metronews.ca **every Friday to have your say.**

Humble Winnipeg, a multicultural, complex but undeniably chilly urban area of almost 800,000 people, was the only Canadian city chosen by National Geographic this year as one of the best tourist destinations of 2016. We asked our readers what city they would choose if they were giving out the prize and how much of our great country they have explored.

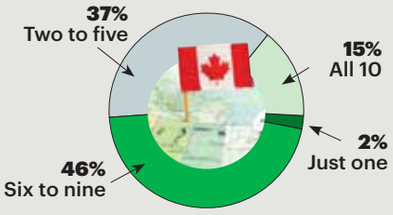
1 Which Canadian city most deserves the honour of "best destination"?

21% Halifax
16% Vancouver
14% Toronto
11% Montreal
8% Quebec City
5% Ottawa
4% Victoria
4% Winnipeg
4% St. John's
3% Calgary
3% Niagara Falls, Ont.
2% Edmonton
1% Charlottetown
4% Other

Whitehorse, Yukon
Banff, Atla.
Nanaimo, B.C.
Longue-Pointe-de-Mingan, Que.

WE ASKED Metro readers

2 How many Canadian provinces have you been to?



3 What's the best thing Canada has to offer tourists?

54% Natural wonders
15% Arts and culture
9% Events and festivals
8% Exciting cities
4% Skiing and snowboarding
4% Cuisine
2% Fishing and hunting
1% Cruises and tours
3% Other

The hospitality of our people
Our multicultural makeup
Hiking!
All of the above. We have something to offer for everyone.

Let's not leave charities holding the (trash) bag

CITY HOLLER
Trish Kelly

We all know that the way our society wastes food is one of the biggest social crimes we regularly commit. Worse than putting an empty milk carton back in the fridge or leaving the toilet seat up, the only bigger faux pas is making assumptions. If you're not quite sure what happens when we make assumptions, you can look it up on Urban Dictionary.

On Friday, Metro Vancouver, our regional government, will be considering a motion asking the mayors of all the member municipalities in the region to vote on an assumption. They're being asked to support a tax incentive for food companies who donate "edible" food to charities. The assumption is that such a tax credit would save good food from going to waste and feed hungry people. But the tax incentive could cripple charities, saddling them with the food industry's cast offs and garbage fees.

This tax credit will do nothing to ensure healthy food gets to the mouths of the hungry.

You can read the proposal in the Metro Vancouver meeting package available online. It's noted under the heading of Financial Implications, there are no financial implications for the board if they accept this, and that's part of the problem.

For the Metro Vancouver board, member municipalities and food companies, this idea is a win-win scenario. Food companies, who otherwise would have to pay to dispose of the subjectively determined "edible food," can instead punt it to food charities at no cost to the company and they get a tax break too. Municipalities make progress on their landfill problems and make their food sector industry happy at no cost to their local tax revenues.

But charities and those who access food from them could be losers. Edible is a pretty subjective term. It doesn't mean healthy or even good. Richmond's Mayor Malcom Brodie, who is chair of Metro's zero waste council, told the Vancouver Sun the tax credit might not be the final answer, but he's championing it because "It is absolutely unconscionable to have so much edible, safe and healthy food being discarded."

Yes, watching safe, healthy, edible food going to waste is painfully wrong, but this tax credit will do nothing to ensure that healthy food gets to the mouths of the hungry. It could just as easily saddle charities with a bunch of slightly rancid or slightly burnt empty calories that hungry people then have to say thank you for.

If we want our government to pay food companies to make safe, healthy food for those who face hunger, let's do that. If we want our government to incentivize food companies to make less waste in the first place, let's do that too. But let's not give tax incentives to food companies who ship their garbage to charities to deal with.

Trish Kelly lives and writes in East Vancouver. Follow her @trishkellyc.

As she grew up in a food insecure family, food charities helped Trish Kelly's family make ends meet. She now works at a food bank. The above column is her opinion alone and not the position of the food bank.

metroview

Terrorism doesn't just happen to people in "those places"

Michael Coren
For Metro

As I end my three weeks in Europe, I can't help reflecting on one particular issue: the hierarchy of suffering. Not merely because of its moral implications, but also because of what it says and then dictates about Western foreign policy.

While it is irresponsible and indeed cruel to downplay in any way the horrors that occurred in Paris — and I have a personal connection to the tragedy — we need to remember that massacres are hideously common, sometimes a weekly occurrence, in many parts of the world. Just the day before the French monstrosity, almost 50 people were killed in Beirut and four times as many badly wounded. Last month in Baghdad, 24 people were slaughtered and twice as many wounded. And just a few months ago at a university in Kenya, 147 young people were murdered.

In 2014 I wrote a book about terrorism in the developing world, and the scale and the crippling regularity of it all was often beyond comprehension. While it's facile to attribute our double standard to racism, it does expose a collective numbness that we have developed in the West. If we're honest about it, we simply assume that this is what happens in "those" places but not in Paris, London or, God forbid, Toronto or Montreal.

A different approach to "the other" might benefit all of us.

It's disturbing on many levels, but it's also plain wrong. Cities like Damascus and Beirut used to be safe and secure. I know the region and generally felt safer in Lebanon than much of the United States.

Paris, on the other hand, has witnessed grossly violent revolutions and upheavals for centuries. Religious mass murder in the 16th century, class warfare of incalculable proportions in the 1790s, bloody uprisings in 1830, 1848 and 1870, Nazi occupation in 1940 and colonial wars in the early 1960s.

So when Arabs and Africans offer sympathy for our pain but ask for some reciprocal concern, we should try to appreciate their sensitivities. To put in bluntly, in spite of what we might think, our lives are not more important than theirs.

And this, perhaps, lies at the heart of why we have a problem in the first place. Western foreign policy is of course based on self-interest, and that is entirely understandable, but it leads us to bomb and invade which in turn leads to anarchy and terrorism. I am not trying to justify even a tincture of ISIL's sadism, but I do believe that a different approach to "the other" might benefit all of us. To intelligently respond rather than viscerally react is not a sign of weakness, but of strength and wisdom.

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Financial planning for coinciding milestones

It is not uncommon for Canadians to find themselves in a financial trifecta — wedding, new home and starting a family — all within a few years. According to a recent TD survey, only four in 10 (39 per cent) of Canadians say they've properly budgeted or are properly budgeting for having their first child, while about half say they were or are financially prepared for buying a home (56 per cent) and marriage (51 per cent).

While budgeting and paying for these milestones can seem overwhelming, having a financial plan in place can help manage the financial impact of these significant life moments, whenever they occur.

Lee Bennett, senior vice president, TD Wealth Financial Planning, offers a few key tips on how to plan for life's big moments and your future:

- **Understand your goals:** Knowing the key goals you want to achieve in life is an important first step and will help you decide the best course of action. Think about what you want to accomplish over the next few years to help determine those goals.
- **Develop a roadmap:** To help ensure you are on the right track to reaching your goals, meet with a financial planner to create a plan that's unique to your situation. It's important to review it regularly, as your life changes, to help ensure you're factoring in new milestones.
- **Start saving early:** No amount is too small to put away – for example, making regular contributions in a TFSA will allow you to use the savings towards a wedding, new home or costs associated with a new baby.

Being financially prepared can allow you to better enjoy each and every moment of life's milestones — planned or unexpected.

QUESTIONS FOR YOUR FINANCIAL PLANNER

Lee Bennett, senior vice president, TD Wealth Financial Planning, says it's important to ask yourself some key questions before you meet with a financial planner. Some questions to consider include:

1. How do I handle multiple milestones occurring at the same time?
2. Is it smarter to plan a wedding or buy a home first?
3. What costs should I factor in when contemplating buying a home?
4. How much do I need to save to comfortably enjoy a parental leave?

Savvy Saver Quiz:

Are my finances on track?

Whether you're a recent graduate, mid-career, or getting ready for retirement, every life stage requires financial planning. Not sure where to start? **Check out TD's Savvy Saver quiz** to help figure out where you are and where you need to be. Here are a few questions to get you started …

Expenses & finances

What does your emergency fund look like?

a. Emergency what?

b. I'm just getting started but have some money set aside.

c. In decent shape – I've got three months' salary stashed away.

d. I've got more than enough to pay my bills, save for the future and still manage to have some fun.

Leisure

What does your entertainment spending look like?

a. I'm living paycheque-to-paycheque because of my entertainment spending.

b. I sometimes go overboard with my entertainment spending.

c. A portion of my budget is set aside for fun – dinners out, the occasional movie or show.

d. I have enough money to do what I want, when I want and my wallet never loses any sleep over it.

Long-term investments

What types of investments do you currently have?

a. Investments?

b. I recently opened a Tax-Free Savings Account (TFSA)/ an RSP and I'm thinking about getting other investments, too.

c. I make regular contributions to my TFSA and RSP and/or hold shares/other investments.

d. I have a solid, diverse portfolio to which I make healthy contributions every month.

Interested in getting more of a pulse check on your progress? Take the full quiz at **metronews.ca/tdsavvysaver**.

metro LIFE

Your essential daily news

Wilco frontman Jeff Tweedy penning 'funny, disarming and honest' memoir

Get to know this motley crew of Defenders

With the arrival of Marvel's Jessica Jones, the second moody superhero series to premiere on Netflix after Daredevil, Marvel's streaming universe is beginning to take shape. Four standalone superhero series will ultimately converge in The Defenders, a miniseries with Avengers-size ambitions. TORSTAR NEWS SERVICE

Daredevil

Last year, if you knew nothing about Daredevil, you knew it was an unfortunate Bennifer-era Ben Affleck movie. But when the series premiered on Netflix in April, the blind lawyer throwing punches in the street delivered all the gravitas and grit that fans of the comic demanded. "When I go to (comic-book) shows and I talk to my nerd friends, they are all loving it," says Kevin Polidano, a.k.a. comic-restorationist. "A lot of them say that Daredevil is the best comic-book adaptation they've seen yet." Season 2, premiering in 2016, will introduce another grizzled hero, The Punisher.

Luke Cage

There's no cutesy will-they-or-won't-they between Jessica and Luke Cage: they will-and-they-do in the first episode of Jones. Cage was the first African-American to get his own Marvel title in 1972, complete with jive-talkin' dialogue, his signature "Sweet Christmas!" as a curse word. "Luke Cage was a pure 100 per cent blaxploitation character," says Doug Simpson, manager of Toronto's Paradise Comics. "Big yellow puffy shirt, chain belt, afro." Romantic tension between Jessica and Luke ultimately lead to a super-wedding in the comics.

Iron Fist

Like Cage, Iron Fist was a product of the '70s. "(Marvel) wanted someone they could make kung-fu books about because kung-fu movies were popular," says Simpson. Hence the Tibetan monastery-trained martial arts expert with a chi-charged punch. Comic fans have questioned how Marvel and Netflix will balance Fist's mysticism with the realism of their other characters, but Polidano feels it would bring something original to the group. "All teams have their stock characters," he says. "You need your strongman, you need your scientist, you need the person who can fly, and you need the person who can tackle those mystical threats."

The Defenders

Don't expect this Defenders to resemble the Marvel team of Hulk, Sub-Mariner and Doctor Strange that launched in 1971. "They had increasingly more C-list heroes that would join up," says Cliff Caporale, program director at Ottawa Pop Expo, which took place over the weekend at Ottawa's EY Centre. "I don't have a story to tell for Valkyrie, let's say. She exists, let's use her in Defenders, and bring in these characters that don't necessarily belong together." Opposed to the government-sanctioned Avengers, Simpson calls the Defenders a "group of mismatched heroes who are dealing with crime at street level."

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Would you pay extra for Prime seats?

TRENDS

Cineplex's seat reservations latest in luxe offerings

Peter Howell
Torstar News Service

For those who don't want to sit in shabby seats anymore, Cineplex is offering moviegoers at select theatres the opportunity to reserve their seats in advance for a $2 fee. ISTOCK

My favourite seat in a movie theatre is in the very back row, the area the Vaudevillians called the "peanut gallery." I can see the entire screen from up there and also stretch my long legs down the stairs.

I avoid the front row, as do most moviegoers, because I dislike the feeling of being jammed up against the screen, craning my neck and wobbling my head back and forth to see the action. It's my seating of last resort.

If I had my druthers, I'd rip out the first three rows of every theatre, so that you'd never wind up having to sit so close. This would free up space for people to move around, reducing the jams that occur at the end of screenings.

This would evidently not please a small but passionate group of people who prefer the front row, most of them much younger than my 59 years.

"You can tell the age of a theatregoer by where they sit in the auditorium," says Pat Marshall, vice-president of communications for Cineplex Entertainment, Canada's largest movie theatre chain.

"The younger they are, the closer they go to the screen. The older they get, the farther back they go. People truly have a different perspective. Some like centre-centre. Other people like to be on the aisle. Other people like to be up front, and other people way at the back. So it is very subjective."

There are also practical reasons why some moviegoers might prefer the front row.

Say you're nearsighted and forgot your glasses at home. Or it's a premiere screening and you're hoping to be close to any talent who might show up.

But some people really do just like the view better from down there. Front-row filmgoers have a champion in David Bordwell, the esteemed film scholar and professor at the University of Wisconsin-Madison. He's 68, a notable exception to Marshall's maxim about youthful inhabitants of the row Bordwell calls the "raccoon lodge."

He extolled the front of the house in a 2011 online essay "Down in front! Notes from the Raccoon Lodge" that introduced a term to my movie lexicon: "saccadic sweeps."

That's what your head does as it scans from side to side to take in all the action. The wider the screen, the more Bordwell likes it: "CinemaScope and Cinerama give your eyeballs a real workout."

I'll skip the saccadic sweeps, thanks, and also the eye and neck strain that follows every occasion when I'm forced to sit in the front row, as I did for an IMAX showing of The Dark Knight Rises a few years back.

But I have to admit, from my lofty perch in the peanut gallery, that lately I have been casting covetous glances at the middle of the theatre.

A new and more plush seat is being tested at theatres across Canada.

They're in the two middle rows in select auditoriums where patrons can reserve online to guarantee a seat, for a $2-per-ticket surcharge. It's similar to paying for extra legroom on an aircraft.

It's called Cineplex Prime, the new name for an arrangement that used to be called Cineplex Select, when the seating experiment began last year.

The name was recently changed because "we discovered it was confusing to people to read 'select your Select seat' on our website," Marshall says.

I expect it would also be confusing, not to mention frustrating, to encounter reserved seats in the middle of a movie theatre, a place thought of as an egalitarian preserve.

Marshall reminds me that Cineplex has long offered reserved or assigned seating in its VIP, IMAX and UltraAVX theatres. It also has four primary seat styles: traditional, VIP, UltraAVX and Prime, offering variations on space, comfort and swiveling, plus premium D-Box seats that move in time to the action.

The Prime seating concept, which is still considered very much an experiment, "is a result of the tremendously positive feedback we received from other concepts where we offer reserved seating," she says.

But people are still getting used to Prime seats, which tend to blend in with the non-reserved ones.

People without Prime tickets sometimes have to be asked to move, Marshall says, but in our very Canadian way, there have been no reports of any serious confrontations.

She adds that those who have tried Prime seem pleased with the comfort and also the convenience of a guaranteed centre seat for popular films like Spectre and The Martian.

If the experiment works, it may expand to more theatres amongst Cineplex's 162 locations across Canada.

The per-theatre Prime allotment will remain a fraction of the available seats, however, so moviegoers with general admission tickets will still have lots of spots to choose from.

"We have different seats because we're trying different things," Marshall says.

"We're always looking to provide the best experience possible."

SEATS, RECEIPTS

A guide to seating tiers at Cineplex's Toronto test markets

Traditional
- The standard plush seat, with no extras.
- Adult ticket: $12.99

Prime
- A step up in luxury, in a prime location, with reserved seating. Now being tested at the Varsity Cinemas.
- Adult ticket: $14.99

UltraAVX
- Roomy, reclining seats, combined with superior sound and a bigger screen.
- Adult ticket: $15.99

VIP
- The most luxurious seating option, with leaning leather loungers equipped with mini-tables for the in-seat dining service.
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JOHANNA SCHNELLER **WHAT I'M WATCHING**

The evil of banality

VANDERPUMP RULES, SEASON 2, EPISODE 5 (SLICE)

In this reality show about glossy people who work at the L.A. restaurant Sur, waitresses Stassi and Kristen are choosing an outfit for Kristen's passport photo. Kristen's grooming is — well, picture makeup that would look overdone at the Oscars, and then double it.

"I'm 30 years old and I've never had a passport," Kristen uptalks. "It's crucial that this is the best photo ever taken."

Stassi's phone rings. It's Jax, their bartender colleague.

He's in the hospital; he found a lump in his immaculately muscled chest.

"You're there alone? That is so sad," Stassi says.

She hangs up. She and Kristen stare at one another. Then they return to choosing clothes.

This series is nothing but such moments, a shiny showcase for the evil of banality.

Sur isn't merely a restaurant owned by the frozen-faced Lisa Vanderpump, a Real Housewife of Los Angeles.

The women of Vanderpump Rules are all slight variations on Bad Barbie. HANDOUT

It's the portal to Hell, and its employees have crawled up to embody the deadly sins Vanity and Stupidity.

Their commitment to hideous behavior is addictively fascinating.

The men are forever stripping off their shirts for the handlebar cams mounted on their bicycles; when they're not shit-disturbing, they're inventing shit to disturb.

The women — all (slight) variations on Bad Barbie — are worse; in episode 209, two of them bray, "No, you shut the f— up" at one another for several minutes.

This is what it looks like when everyone gets to be famous for 15 minutes, and it isn't pretty. Even with all that grooming.

GOSSIP DYNAMIC DUOS AND POSSIBLE SPLITS

JLaw and Adele hanging out again

Adele was spotted getting some quality hang-out time in with Jennifer Lawrence and her Hunger Games guys Liam Hemsworth and Josh Hutcherson this weekend at New York's Waverly Inn — which is still, apparently, a thing. This team-up is not unprecedented. Perhaps you don't remember back in January when the two ladies made a drunken scene throwing olives at people at a restaurant in L.A.?

NED EHRBAR/METRO HOLLYWOOD

Kylie Jenner maybe dumped Tyga

The big talk around the Kardashian junior varsity locker-room this weekend was that Kylie Jenner had abruptly dumped Tyga — and on his 26th birthday, no less. It all apparently went down after "something Tyga did" caused Jenner to ditch him upon her return from Australia last week. "They are on a break," a source tells E! News. "They were just a week or so ago talking about 'ever after' and things got messy this past week. Kylie wants time to just be herself and do her." But! Maybe not so fast, as later Jenner posted a Snapchat of the two lying together — or their legs, at least — with the caption, "Everyone needs to chill." NED EHRBAR/METRO HOLLYWOOD

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Are you a financial match with your mate?

COMPROMISE

Compatibility counts: You must agree on money goals

Gail Vaz-Oxlade
For Metro Canada

Talk about financial challenges and aspirations before walking down the aisle. ISTOCK

Opposites attract. Birds of a feather flock together. Are you and your mate like two peas in a pod or as different as chalk and cheese?

We can love a body without ever understanding what makes that body tick. Even couples that have been together for eons sometimes scratch their heads at some of the things their mates do. That's because we are evolving creatures constantly responding to the stimuli around us, constantly growing, constantly changing.

Since you're getting married — planning to spend a long, Long, LONG time together — it's important that you both understand how you think and feel about money. It's just as important that you figure out if you're a money match or a money mismatch.

Not feeling the same about money doesn't mean an automatic no-go. People who are less compatible do face more challenges. But those who subvert their own money personality to match their mate's are just asking for trouble. It can't last. And when your mate finds out you've been pretending, it's going to be a tough pill to swallow.

Coming up with a plan for how you'll manage your money means negotiating a common ground. Start by being upfront about who you are, how you feel about money, what's important to you and what isn't. Listen and accept the other person's open and frank discussions about what makes him or her tick.

Once you've got it all on the table, focus on working together to come up with a plan that keeps you both happy.

Money means different things to different people. When two people bring emotional baggage to a relationship — particularly the emotional baggage that surrounds money and that they NEVER talk about — the relationship can turn into a power struggle and life can feel more like strife.

One of the easiest ways to start the conversation about money is by talking about what you're most comfortable with and what you feel is most risky. Since many money issues have a comfort/risk component, it's easy to move from a general discussion to a more specific money talk.

- How much money do you have to have in the bank to feel safe?
- Do you each know what your money set-points are?
- What kinds of investments do you feel are safe (for you) or risky?
- How much debt is too much debt?
- What kind of debt are you willing to take on?
- How much insurance is enough?
- If you have children, how will you keep those children safe financially?

As you get to know each other, you should be working to clarify each other's goals. If it's airy-fairy (I'd like to own a house), nail it down (what kind of house, where, when, how much house?).

You also need to talk about your different approaches to planning. For while one of you may be all spontaneity and impulse, the other may be a structure freak. Figure out what's important to you both so you can draw on each other's strengths to create a solid money match.

For more money advice, visit Gail's website at gailvazoxlade.com

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metro SPORTS

According to reports, Raptors centre Jonas Valanciunas will miss six weeks after fracturing his left hand on Friday night

Canucks can't deal with Devils

NHL

Unable to build on success from Saturday's tilt

Cam Tucker
Metro | Vancouver

What a difference 24 hours can make.

On Saturday, facing an old foe in the defending Stanley Cup champion Chicago Blackhawks, the Vancouver Canucks hit their season high for goals in a game with six, doing so in thoroughly exciting fashion in front of the home crowd.

SUNDAY at Rogers Arena

3	2
DEVILS	CANUCKS

Sunday's tilt against the New Jersey Devils was a different story. The scoring didn't come until the third period. By then, it was too late, as the Canucks lost 3-2.

The Canucks' record fell to 8-8-6 as they embark on a four-game road trip that begins Wednesday against the Minnesota Wild. It concludes next Tuesday against the L.A. Kings.

The Canucks didn't need a six-spot against the Devils. But a goal here or there would've dramatically helped their cause, especially on the power play, which had been an area of strength recently with goals in five straight games prior to Sunday.

Instead, the power play faltered, going 1-for-7.

The lone power play goal came with less than a second remaining in the game. Their best chance came on a third-period penalty shot, but Radim Vrbata was denied by Devils' goalie Cory Schneider.

Vancouver's power play was almost non-existent in two opportunities in the first period.

It wasn't just the power play that struggled. The Canucks slogged through their way to just seven shot attempts in the entire first period, including a paltry three in the final 12:23.

And when the Canucks did get their chances, their old teammate Schneider was like a brick wall.

The visiting Devils, among the stingiest defensive teams in the league, made the hosts pay.

Mike Cammalleri opened the scoring for New Jersey 1:05 into the second period.

Left all alone in the slot, Cammalleri outwaited Canucks' goalie Jacob Markstrom before sliding the puck through his legs. The goal was the culmination of a dreadful shift in the defensive end from Vancouver's top line.

Andy Greene's power play goal early in the third period gave New Jersey a two-goal lead.

Henrik Sedin scored shorthanded to get Vancouver within a goal late in the third period, but Adam Henrique scored the eventual winner just 2:04 later.

New Jersey's Mike Cammalleri, right, scores against Canucks goalie Jacob Markstrom on Sunday. DARRYL DYCK/THE CANADIAN PRESS

IN THE NHL

Habs double up Islanders

Alex Galchenyuk scored late in the third period to give the Montreal Canadiens a 4-2 victory over the visiting New York Islanders on Sunday in the second game of their home-and-home series.

David Desharnais, Tomas Fleischmann and Max Pacioretty, in an empty net, also scored for Montreal (16-4-2). Back from injury, Carey Price made 24 saves in his first start at home since Oct. 24.

THE CANADIAN PRESS

Hurricanes snap skid

Justin Faulk scored two power-play goals, and the Carolina Hurricanes snapped a five-game losing streak by beating the Los Angeles Kings 4-3 on Sunday.

Brett Pesce scored his first NHL goal and added an assist, and Jeff Skinner also scored for Carolina, which led 3-0 in the second period.

THE ASSOCIATED PRESS

Sharks rally over Jackets

Joe Pavelski scored twice and the San Jose Sharks rallied late for a 5-3 win over the Columbus Blue Jackets for their sixth straight victory on Sunday night. THE ASSOCIATED PRESS

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ATHLETICS

Smith named new president of COC

Olympic medallist and lawyer Tricia Smith was voted president of the Canadian Olympic Committee on Sunday morning.

A four-time Olympic rower from Vancouver, Smith won silver at Los Angeles 1984 in coxless pairs with teammate Elizabeth Craig. Smith — a recipient of the Order of Canada — had been vice-president of the Canadian Olympic Committee since 2009.

COC board members chose between Smith and award-winning high performance coach and lawyer Peter Lawless, who will continue to serve the organization as vice-president.

Smith recently became interim president of the organization following Marcel Aubut's resignation in early October after women accused him of sexual comments and unwanted touching. THE CANADIAN PRESS

IN BRIEF

Warriors tie best start with 15th straight victory

Klay Thompson scored 21 points and the Golden State Warriors tied the best start in NBA history, beating the Denver Nuggets 118-105 on Sunday night to move to 15-0.

Golden State matches the start of the 1948-49 Washington Capitols and the 1993-94 Houston Rockets. The Warriors play the Los Angeles Lakers next on Tuesday. THE ASSOCIATED PRESS

Djokovic finishes season in style at ATP finals

Novak Djokovic won his fourth straight title at the season-ending ATP finals by beating six-time champion Roger Federer 6-3, 6-4 Sunday.

Djokovic, who won three Grand Slam titles this year, capped the best season of his career with another superb display, including saving both break points he faced. THE ASSOCIATED PRESS

Eskimos give Stamps a good licking in West Final

CFL PLAYOFFS

Reilly rushes for three TDs in battle of Alberta rivals

Edmonton Eskimos quarterback Mike Reilly shredded the Calgary Stampeders in the CFL West Final Sunday, punching his team's ticket to the Grey Cup for the first time in a decade.

Reilly threw for three touchdowns and ran in two more as the Eskimos defeated their southern Alberta rivals 45-31 in front of 34,414 fans at Commonwealth Stadium.

The Eskimos will play the Ottawa Redblacks next Sunday at Investors Group Field in Winnipeg in the 103rd Grey Cup.

"We got one more to go and that's the ultimate goal," said Reilly.

It's a bit of revenge for the Eskimos, and Reilly, the 30-year-old from Kennewick, Wash., now in his third season as Edmonton's starting QB.

Due to a broken foot and other injuries, Reilly saw limited action in last year's West Final, which saw the Stampeders rout the Eskimos 43-18 at McMahon Stadium en route to a Grey Cup championship.

Reilly missed almost half the regular season due to torn knee ligaments, but came back to lead the Eskimos to nine consecutive wins, including Sunday's victory.

"It was execution," said Reilly, talking on the field after the game as fans chanted his name.

"We weren't giving up the big play defensively, and we were marching down the field and not taking penalties and not turning over the ball offensively.

"We slowed down a bit in the fourth quarter ... but we played enough for three that it didn't matter." THE CANADIAN PRESS

Kendial Lawrence holds the West Division trophy after the Eskimos defeated the Stampeders. THE CANADIAN PRESS/JASON FRANSON

IN OTTAWA

Redblacks through to the Grey Cup game

Henry Burris's 93-yard TD strike to Greg Ellingson with just over a minute remaining rallied the Ottawa Redblacks to a stirring 35-28 win over the Hamilton Tiger-Cats in the East Division Final.

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RECIPE Sweet Potato and Kale Hash with Fried Eggs

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Why not eat a fried egg for dinner? Especially when it's sitting pretty on top of this super food hash. Because, you know, #Putaneggonit

Ready in
Prep time: 40 minutes
Serves 4

Ingredients
- 3 cups sweet potato dice
- 1/4 cup maple syrup
- 1 Tbsp minced fresh rosemary
- Salt and pepper
- 3 Tbsps butter, plus extra for eggs
- 1 shallot, diced
- 2 sprigs thyme
- 1 cup frozen chopped kale
- 4 eggs

Directions
1. Bring a large pot of water to a boil. Blanche sweet potato cubes for 2 minutes. Then drain and rinse under cold water. Drain well. Place the potatoes in a medium bowl and add maple syrup, rosemary and salt and pepper. Toss. Refrigerate for about 15 minutes.
2. Heat a large frying pan over medium heat and add butter and shallots. Just as the shallots soften, add sweet potato and any liquid that's collected at the bottom of the bowl as well as the sprigs of thyme. Sauté over medium-high heat for 15 to 20 minutes, stirring occasionally. Sweet potatoes should be a crisp, toasty brown. Add kale to the pan and gently mix it into the potatoes. Cook for about 3 to 5 minutes.
3. Meanwhile, heat another large frying pan over medium heat. Melt a pat of butter and then slowly crack all four eggs into it. Just let the eggs sit. Allow the eggs to cook until the whites are set and the edges start to curl up. If the whites in the middle of the eggs are not set, cover the pan for 2 minutes. Serve a hearty scoop of hash with a fried egg on top.

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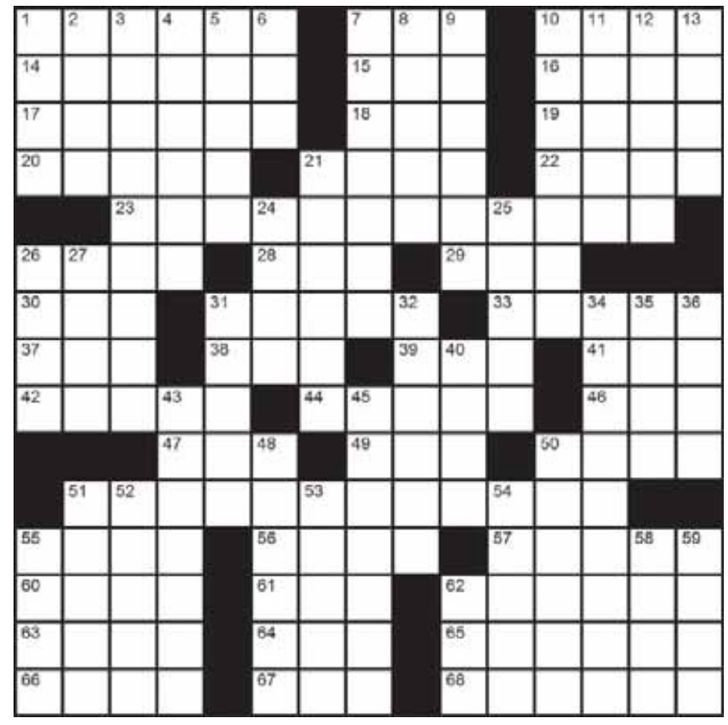
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "Convoy": 1976 hit for C.W. _
7. Looked-at comp. part
10. Illegally aid
14. "Lawrence of _" (1962)
15. Prospector's find
16. Fun set
17. Tears For Fears singer Mr. Orzabal
18. Point
19. Bouncy-less
20. Astronomer's realm
21. _ butter (Beauty cream stuff)
22. Cycled
23. Canadian channel BNN = _ _ Network
26. Amateurs one day
28. _ es Salaam, Tanzania
29. Little bit
30. Traveller's time delay
31. Buenos _ (Capital of Argentina)
33. Madonna hit
37. Prefix meaning 'Egg'
38. Internet chuckle
39. Hot drink in a Montreal restaurant
41. Bitty badges
42. _ of cake (Easy)
44. _-paced (Slow)
46. Half of Dave Grohl's band
47. 'Outer'-meaning prefix
49. _ painting
50. RR depots
51. Highly decorated Canadian fighter pilot of Word War II who died mysteriously in a plane crash at age 26 in 1948: 2 wds.
55. Collector's suffix
56. Labels
57. Jack _, Kiefer Sutherland's "24" role
60. _ Flon, Manitoba
61. Lettered sun ray
62. Have ambitions
63. Bruce Springsteen's "_ _ Fire"
64. Arrange
65. Show the client the way to the conference room: 2 wds.
66. Ms. Daly
67. Mr. Asner's
68. Aim

DOWN
1. Red Planet
2. Farm yield
3. _ Peaks Resort (Skiing destination about an hour from Ottawa)
4. Calculating machine
5. What an actor memorizes
6. Chap
7. "How do ya like that?": 2 wds.
8. Boo-hoo-hoos
9. Meal
10. Fettuccine _ (Rich pasta dish)
11. Under
12. "Blimey!"
13. Books bag
21. Fido's fearsome frowns
24. Prefix to 'syncrasy' (Mannerism)
25. Variety of orange
26. Sound in the Alka-Seltzer song
27. Sitarist Mr. Shankar
31. Canadian singer/actress Ms. Johnson
32. House level separators
34. It gives suggestions for Christmas shopping: 2 wds.
35. Japanese cuisine noodle
36. Those, in Spanish
40. Parliament _
43. French painter of The Card Players, Paul _ (b.1839 - d.1906)
45. Fillings in Snickers chocolate bars
48. Between 90 and 180 degrees, as per angles
50. Get short with: 2 wds.
51. Mild, as weather
52. Actress, Gabrielle _
53. Having a roof overhang
54. Henrik _ (A Doll's House playwright)
55. "_ _ ain't broke..."
58. Dublin's poetic land
59. Broadway musical
62. Ms. Landry

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Keep your opinions to yourself over the next few days. If you say the wrong thing you could make an enemy. Don't make things unnecessarily difficult for yourself.

Taurus April 21 - May 21
Be careful who you rely on because there is a lot at stake. If a partner or co-worker makes a mistake don't let employers or other important people put the blame on you.

Gemini May 22 - June 21
This is generally a positive time for you but you still need to be cautious. Be especially wary of people who flatter because they are obviously looking to help themselves in some way — at your expense, of course.

Cancer June 22 - July 23
Try to be more serious about what you own and what you earn, but not so serious that you forget about everything else. Dollars and cents are important, but only as a means to an end, not as an end in itself.

Leo July 24 - Aug. 23
Why are people so demanding? Why do they expect so much? Maybe because of your high standards they think you can do anything. Or maybe they can get away with making outrageous demands. Don't let them.

Virgo Aug. 24 - Sept. 23
If you start something new today it is unlikely to work out well, so put it off and focus on making the best of what you are already working on.

Libra Sept. 24 - Oct. 23
If the atmosphere in a relationship has been heavy you have the chance to improve things today. No matter what they have said or done put that behind you and focus on the simple things that make your bond work.

Scorpio Oct. 24 - Nov. 22
Speak up now or forever hold your peace. If you have something to say — or complain about — you must get it off of your chest immediately. Later in the week no one will listen.

Sagittarius Nov. 23 - Dec. 21
You won't make an anxiety-ridden situation better by worrying. Identify exactly what the problem is, then come up with a plan to take care of it. It's not as bad as you fear.

Capricorn Dec. 22 - Jan. 20
Put memories and regrets behind you and make the best of what you have got. You're a Capricorn, you're supposed to be courageous and confident.

Aquarius Jan. 21 - Feb. 19
What happens today will remind you that material matters are of secondary importance. What gives life its value is how you relate to other people. Try to see the best in everyone.

Pisces Feb. 20 - March 20
Don't take on any new commitments today. The Sun's move into the career area of your chart means you won't lack for opportunities but you need to be patient.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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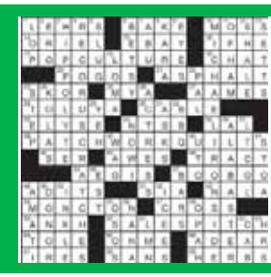

4	6	7	2	9	1	3	5	8
2	8	1	3	7	5	6	9	4
3	5	9	8	6	4	1	7	2
6	4	3	5	1	8	9	2	7
8	1	2	9	3	7	4	6	5
7	9	5	6	4	2	8	3	1
1	2	6	4	5	3	7	8	9
9	7	8	1	2	6	5	4	3
5	3	4	7	8	9	2	1	6

Ford

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NOV 24TH – NOV 30TH

GET UP TO AN ADDITIONAL

$750

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TOWARDS MOST NEW 2015 MODELS*

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TOWARDS SELECT NEW 2015 VEHICLES

(2015 F-250 GAS MODELS AMOUNT SHOWN)

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ON MOST NEW 2015 AND 2016 FORD MODELS

A NO-EXTRA-CHARGE **WINTER SAFETY PACKAGE**^

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UP TO $2,300 MSRP VALUE (ON EDGE)

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WISE BUYERS READ THE LEGAL COPY: Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible nainchecksble Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any (PA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). †Offer valid between November 24 and November 30, 2015 (the "Offer Period") to Canadian residents. Receive $500 towards the purchase or lease of a new 2015 Ford Fusion, Mustang (excluding 50th Anniversary Edition), Taurus, Flex, Explorer, Expedition, Transit Connect, E-Series Cutaway, Transit Van/Wagon, Transit Cutaway/Chassis Cab, F-150 Regular Cab, F-150 Super Crew, or $750 towards the purchase or lease of a new 2015 Ford Escape, F-150 Super Cab, F-250 to F-550 (all F-150 Raptor models excluded) (each an "Eligible Vehicle"). Only one (1) bonus offer may be applied towards the purchase or lease of one (1) Eligible Vehicle. Taxes payable before offer amount is deducted. Offer is not cainchecksble. **Until November 30, 2015, receive $1,000/ $1,500/ $2,000/ $2,250/ $2,500/ $2,750/ $3,000 / $3,250/ $3,500 /$3,750 / $4,000 / $4,750 / $6,000 / $9,000/ $10,500 in "Manufacturer Rebates" ([Delivery Allowances] with the purchase or lease of a new 2015: Flex; 2016: Expedition/ 2016: E-Series Cutaway, Transit, F-250 Gas, F-350 to F-450 Gas (excluding Chassis Cabs) /2015: Taurus (excluding SE); 2016: Transit Connect, F-350 to F-550 Chassis Cabs/ 2016: F-150 Regular Cab (excluding XL 4x2)/ 2015: E-Series Cutaway, Transit/ 2015: F-150 Regular Cab (excluding XL 4x2)/ 2015: Fusion HEV/PHEV / 2015: Explorer, Escape; 2016: F-150 SuperCab and SuperCrew / 2015: Fusion (excluding HEV/PHEV), Mustang (excluding 50th Anniversary GT), F-150 to F-550 Chassis Cabs; 2016: F-250 Diesel, F-350 to F-450 Diesel (excluding Chassis Cabs) / 2015: F-150 SuperCrew / 2015: Transit Connect / 2015: F-150 SuperCab/ 2015: Expedition / 2015: F-250 Gas, F-350 to F-450 Gas (excluding Chassis Cabs) / 2015: F-250 Diesel, F-350 to F-450 Diesel (excluding Chassis Cabs) – all stripped chassis, F-150 Raptor, Medium Truck, Mustang Boss 302 and Shelby GT500 excluded. Delivery allowances are not combinable with any fleet consumer incentives. ‡Until November 30, 2015, receive 0% annual percentage rate (APR) purchase financing on new 2015: Edge; and 2016: Escape models for up to 48 months, or 2015: Focus BEV, C-MAX, Taurus, Flex, F-150 (excluding Regular Cab XL 4x2 Value Leader); and 2016: F-250, F-350 to F-450 (excluding Chassis Cabs) models for up to 72 months, or 2015: Focus (excluding BEV), Fiesta; and 2016: Fusion models for up to 84 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $25,000 purchase financed at 0% APR for 48/ 60/ 72/ 84 months, monthly payment is $520.84/ $416.67/ $347.22/ $297.62, cost of borrowing is $0 or APR of 0% and total to be repaid is $25,000. Down payment on purchase financing offers may be required based on approved credit from Ford Credit. ≠Offer only valid from November 3, 2015 to January 4, 2016 (the "Offer Period") to resident Canadians with an eligible Costco membership on or before October 31, 2015. Receive $1,000 towards the purchase or lease of a new 2015/2016 Ford (excluding Fiesta, Focus, C-MAX, GT350, GT500, F-150 Raptor, 50th Anniversary Edition Mustang, Mustang Shelby 350/350R and Medium Truck) model (each an "Eligible Vehicle"). Limit one (1) offer per each Eligible Vehicle purchase or lease, up to a maximum of two (2) separate Eligible Vehicle sales per Costco Membership Number. Offer is transferable to persons domiciled with an eligible Costco member. Applicable taxes calculated before OADS 1,000 offer is deducted. ^Receive a winter safety package which includes: four (4) winter tires, four (4) steel wheels, and four (4) tire pressure monitoring sensors when you purchase or lease any new 2015/2016 Ford Fiesta, Focus, Fusion, C-MAX, Escape, Edge (excluding Sport) or Explorer between October 1, 2015 and November 30, 2015. This offer is not applicable to any Fleet (other than small fleets with an eligible FIN) or Government customers and not combinable with CPA, GPC, CFIP or Daily Rental Allowances. Vehicle handling characteristics, tire load index and speed rating may not be the same as factory supplied all-season tires. Winter tires are meant to be operated during winter conditions and may require a higher cold inflation pressure than all-season tires. Consult your Ford of Canada Dealer for details including applicable warranty coverage. Some conditions apply. See Dealer for details. ©2015 Sirius Canada Inc. 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